



## Digital #HustleandGlow Self Care Contract

This is an acknowledgement of your brilliance. This is a contract between you and me on your journey we are about to embark together. In this process you have demonstrated a powerful impact when making changes in your life and business. We are clearing pathways from old stories of not being enough. “Through clarity and movement in my business I am able to make changes with my clients, in my career, my truth, my vision and yes, my purpose. I do this now and without apology.”

*“The privilege of a lifetime is being who you are.” -Joseph Campbell*

This process is a contract between you and I: an electric charge between your soul's desires. Desire is truth. Our work will be only in your pleasure and only in your truest desire. I'm not going to lie. It will be rough. There will be moments where you will question this process. Trust that I'll be here for you in these moments.

In this process, only self care and truly kind words to yourself will be permitted. While we learn new things we must be kind to ourselves. You will meet resistance and hear negative voices in your head. You will have to dig deep and recommit when this happens. Our work involves some mindset changes. It's okay. You've got this and I'm right beside you.

This moment is about recognising and dissolving limited beliefs while establishing healthier habits. There is a commitment required as you pay with the idea of who you want to become and them unapologetically going after it. We will actively manifest and help you create a lifestyle that happens to drive a successful business.

**Note:** These affirmations work best when you read them *every day aloud* with lots of feeling. Know that it's already done even without experiencing the evidence. Set the time for yourself, make a new ritual, and cultivate a rich environment that allows you to release what you no longer need.

1. I dedicate to seeing love, abundance, and possibilities in myself and in my environment. I dedicate to recognising all of my interactions in the world as leaning opportunities. I allow myself to release the need to be defensive, give up, and close myself off to new ideas even if it feels uncomfortable.
2. I dedicate to taking passionate action, making headway every day towards my dream. I dedicate to using all of my resources to own this movement in the world. I dedicate to loving where I am right now, leveraging what I have, and allowing myself to release what does not work or serve me anymore.
3. I dedicate to taking 100% responsibility for my feelings, emotions, and the current circumstances in my life. I take 100% responsibility for my ability to shift, trust myself, and appreciate who I am right in this moment.

I am grateful for my life and for the triumphs that I may not be able to see right now. I know that they are coming my way. All my needs are being met right now!

Signature \_\_\_\_\_ Date: \_\_\_\_\_



You have been told no all your life & you do it anyway...  
Here's to finding a way!

desire. create. elevate.

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